

Africanpostmark.com – Jollof Rice Recipe (serves 4)

Chicken stew

8 chicken thighs (skinned)
1tbsp season all (or salt and black pepper)
½ cup rapeseed oil (or groundnut, coconut or vegetable oil)
1 large onion, sliced
1 scotch bonnet pepper, chopped
1tbs fresh or dried thyme
1 can chopped tomatoes
4tbs tomato puree
2 cups chicken stock or water (chicken stock cubes dissolved in hot water can be used)
salt to taste

Jollof Rice

1 small onion, sliced
2 tbsp rapeseed oil (or groundnut, coconut or vegetable oil)
1 scotch bonnet pepper, chopped(optional)
2 tbsp tomato puree
½ of the chicken stew gravy
1 bay leaf
2 cups basmati rice, washed
4 cups chicken stock (chicken stock cubes dissolved in hot water can be used)

Preparing the chicken stew:

Wash the chicken thighs, pat dry and season with season all (or salt and black pepper), leave to stand for at least 10 minutes.
Place a large saucepan on to the stove top under a medium heat and heat ½ a cup of oil. Once the oil is hot enough, fry the chicken until golden brown. Remove the fried chicken and set to one side. In the same pan, under a low heat, fry the onion until soft, then add the scotch bonnet pepper and the thyme. After about 5 minutes, add the tomato puree and stir thoroughly, making sure that it is thoroughly mixed in then add the chopped tomatoes stir. Allow to cook evenly for 5 minutes then add the chicken stock or water, then simmer for 10 minutes, with the lid closed. Check for seasoning and add salt if required. After 10 minutes on gentle simmer, remove half of the stew and set aside then add the fried chicken and continue to simmer gently for a further 15-20 minutes or until the chicken is thoroughly cooked and tender. You may add more chicken stock liquid if the stew looks too dry and allow to simmer.

For the Jollof Rice:

In a saucepan heat 2 tbsp of oil, add sliced onion and fry until soft, then add scotch bonnet pepper (if desired) and stir in tomato puree and cook for a few minutes. Add the reserved gravy from the chicken stew prepared earlier, add bayleaf and cook for 2-3 mins then add the rice and stir making

sure the gravy and the rice are evenly combined. Add 4 cups of stock or water, cover the pot and allow to gently steam until the rice is soft about 30 mins, stir half way through and cook uncovered for the last 5 minutes.

Note: Instead of completing the cooking process on the stove top, when you combine the washed rice with the stew, you can finish cooking the rice in the oven in an ovenproof dish with tightly fitted lid and cook on 325 degrees F for 30mins or until cooked.

Serve rice with chicken stew.

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